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SCORES MISSING IN QUEBEC TRAIN EXPLOSION

OFFICIALS STRUGGLE TO DEAL WITH THE AFTERMATH OF SATURDAY'S DISASTER AS FAMILIES ANXIOUSLY AWAIT NEWS OF THEIR LOVED ONES

PAGE 4

ON THE BEATEN TRACK

Londoners marched to the beat of their own drum on the weekend as Sunfest settled in Victoria Park. The travelling festival, meant to promote cross-cultural and diverse forms of art, brought a variety of music and dance performances to the Forest City. Jamie Andrews, pictured, had a chance to contribute to the global sound with drums from his booth, African Drums & Art Crafts, one of the many vendors at the festival.

KEVIN HURREN/FOR METRO

Huge drop in city crime rate

Prevention approach is working, London police say.
Robberies could be down by 20 per cent this year

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If the first five months of the year are any indication, the number of crimes committed in London in 2013 will be lower than it's been for more than a decade, police statistics show.

Pro-rated through the end of this year, overall crime would decrease by a significant 14 per cent compared to 2012, which saw the lowest number of criminal offences in more than 10 years.

What's more, break and enters and robberies could plummet by more than 20 per cent.

For some, that means the city can slash the police budget and, perhaps, even some police jobs if there is so much less crime to stop.

Not surprisingly, Deputy Chief John Pare isn't among them. He believes in preventing the crime before it happens rather than dealing with it after the fact and points to so-called non-core programs the police have initiated as reasons for the safer streets.

"If you look locally, our community oriented response (COR) unit, our foot-patrol unit, our secondary-school resource officers, the crime-prevention unit and even our auxiliary program contribute to crime-prevention initiatives, and they all contribute to the outcomes we're seeing."

With next year's budget to be by more than $600,000, police have been looking for ways to make up the shortfall, such as raising user fees for services such as background checks and collision reports.

Chief Brad Duncan has also said non-core services will have to be examined for usefulness and cost, though he's on record often as a supporter of them.

Pare believes any disruptions in those programs would be a backward step.

"Police visibility is seen as a crime-prevention piece. If you look at the presence during the World Figure Skating Championships and the positive feedback we received about the presence of police and how people felt more safe in the downtown area, I think you see the benefit of it."

Shot fired into London home

- The figures may be painting a more pleasant picture, but for one London family the reality of crime was brought home on the weekend.
- At 5.30 a.m. on Sunday, a bullet tore through their patio door and screen door, leaving them uninjured, but badly shaken. See page 2 for the full story.

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Motorcyclist killed

Cops investigate fatal road crash

The death of a London man in a three-vehicle crash near St. Thomas on Saturday was still under investigation on Sunday night.

Police named the dead man as Timothy Caron, 38, and said he had been riding a motorcycle in Central Elgin at about 1 p.m.

They said a Chrysler PT Cruiser being driven north was turning left into the Salt Creek Farm Market driveway when the collision happened. Caron was riding a 2006 Harley-Davidson. There was a collision with the rear passenger side of the Chrysler and the motorcycle then struck a Toyota RAV4.

Caron was airlifted to Victoria Hospital in London, where he died of his injuries. A woman in the Chrysler and a man in the Toyota were uninjured.

MIKE DONACHIE/METRO

Botched robbery

London man to serve at least 13 years for killing

The sentence is life in prison for a London man who pleaded guilty to the stabbing death of a 31-year-old developmentally delayed man in August 2011.

Vuong Van Tran learned his fate Friday morning at the London courthouse, AM980 reports. He'll have to serve at least 13 years before he can be eligible for parole.

In April, Tran admitted to the killing of Duy Van Nguyen at a house on Railton Avenue during a botched robbery attempt.

SCOTT TAYLOR/METRO

A boarded-up patio door at 918 Wonderland Rd. South on Sunday shows where a bullet caused damage. MIKE DONACHIE/METRO

Gunfire leaves S.E. neighbourhood rattled

Police investigating. Hole left in door by early-morning weapons incident

MIKE DONACHIE
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There was fear and confusion in a London neighbourhood on Sunday after a bullet was fired through a door early in the morning.

The incident, which was unexplained, happened at about 5.30 a.m. at 918 Wonderland Rd. South.

It left a hole in a patio door and screen, plus damage to a curtain, but the residents of the house were refusing entry to the media.

One woman, who would not give her name, said she had been left very upset but she was relieved that no one had been hurt.

"We are so blessed," she said. "Thank God, we are OK. It is God we have to thank."

The residents included the woman and her teenage son, who briefly showed Metro the hole in the curtain.

The woman, who seemed to be taking a series of phone calls from family and friends, said, "I come from a war-torn country in West Africa. I came here to get away from war and bullets.

"I don't even like to go to fireworks anymore. I don't like the noise they make."

She declined to make any further comment or to be photographed but did say she had been left shaken.

At a nearby house, Kristina Virlas was visiting her parents, who are residents there. She said she didn't know the family who lived at the house with the damaged door.

"My dad said the police are here and digging up the ground. I said, 'Why are they doing that?' and he said, "I don't know. I guess they're looking for bullets.'"

Virlas said she was shocked by the day's events. "I've never heard of anything like that happening here. My parents have lived here for, I'd say, 25 years."

London Police Service said a citizen called to report gunshots at about 5.30 a.m., confirming there were no injuries. Cops said the Major Crime Section is investigating.

They also appealed for anyone with information to call them at 519-611-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

Hoping to escape violence

"I come from a war-torn country in West Africa. I came here to get away from war and bullets."

One of the residents of a house on Wonderland Road South where a bullet was fired through a door early Sunday morning. The woman, who declined to give her name, said she had been left shaken by the incident.

Severn River. Major search for missing London man ends with sad discovery

A fishing enthusiast from London died Saturday in an apparent accident near Bracebridge.

Peter Wiederhold, 49, was fishing with a family member at a waterfall near the Wasdell Hydro Dam in Severn Bridge early in the morning when he disappeared from view.

The OPP were called and a widespread search was begun. Among those involved were two marine units, dogs and a helicopter, while the Ministry of Natural Resources reduced the flow of water in the area so the OPP Underwater Search and Recovery Unit could search the water safely.

But a sad discovery was made at about 4 p.m., and police later confirmed it was the London man, who lived in the north of the city, on Waterwheel Place.

Wiederhold was vice-president of Vector Automation and Design, and had a career in automotive tooling.

MIKE DONACHIE/METRO

Musician takes a stand against hate

While most of us begrudge the short walk to get the morning paper, Londoner Paul Luftenegger drove miles to buy five issues of a Chatham newspaper.

When the musician saw an online post this summer about a Grade 8 boy getting assaulted by four older teenagers for being gay, he needed to learn more.

A member of the gay community himself, Luftenegger was overwhelmed by the amount of hate-crime coverage coming out of major cities such as New York and Paris.

The incident in Chatham was too close to home for Luftenegger.

Paul Luftenegger
CONTRIBUTED

Having always used music to ignite change, he released It's Only Love.

The track is dedicated to both the young Chatham boy and others who identify as gay, lesbian, bisexual or transgender and have faced adversity.

Though the song is part of his newest album, Diamond Light, it has been a work in progress since Luftenegger's teen years.

"I had to face some encounters that were physically violent, so this song is one of those things I've been meaning to write for many years," he said.

Though It's Only Love is meant mostly to spread awareness, proceeds from other tracks on Luftenegger's albums will go to various anti-suicide charitable initiatives.

KEVIN HURREN/FOR METRO

Going discount crazy? There's an app for that

ReeBee. London friends turn deals app idea into thriving business startup

MIKE DONACHIE
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Once they were delivery boys, handing out flyers to neighbours near their homes in London, but two local men are on the edge of turning that experience into something huge.

Tobiasz Dankiewicz and Michal Martyniak, both 24, delivered flyers when they were students at John Paul II Catholic Secondary School.

Now they are co-founders of ReeBee, a groundbreaking electronic consumer deals service available on iPhone, iPad and Android phones and tablets.

It eliminates the need for sackfuls of paper and instead groups all the deals in a user's area into one easy service.

The friends had the idea when they were studying engineering at the University of Waterloo, and already they have 75,000 people signed up to an app that's growing by five to 10 per cent per week.

Dankiewicz, who turned down a job with Apple to focus on his own company, said, "We were sitting around and I had recently purchased an iPad, and I wanted to get another one. I was browsing on the iPad looking for a good deal.

"The experience made me want to rip my hair out. Electronic sites had flash flyers that were not supported. You had sites like Flyerland that were not accurate.

"You had sites that were just difficult to use, where you had to click on a tiny 'next' arrow box.

"I thought, 'There has to be a better way.'"

Dankiewicz recalls the stacks of flyers that were given to him to deliver every Wednesday or Thursday, and how people used to wait on their porches to get them.

That led to the friends' research as adults, when they discovered a massive 60 per cent of people receiving flyers would use them on a weekly basis. An electronic version caused major excitement.

"The response was incredible. Everybody we showed the app to gave us their email and said they wanted to know more about it."

Although ReeBee is already available across Canada, the friends are still developing it, with refinements including a service where companies can tailor their deals for particular customers or groups.

But, despite being based in Sunnydale, Calif., and working with industry experts, Dankiewicz is keeping his feet on the ground.

Asked if he's the next digital startup billionaire, he laughed.

"The goal is to eventually make this into a profitable business but the primary goal is to deliver the best user experience possible."

Path to riches

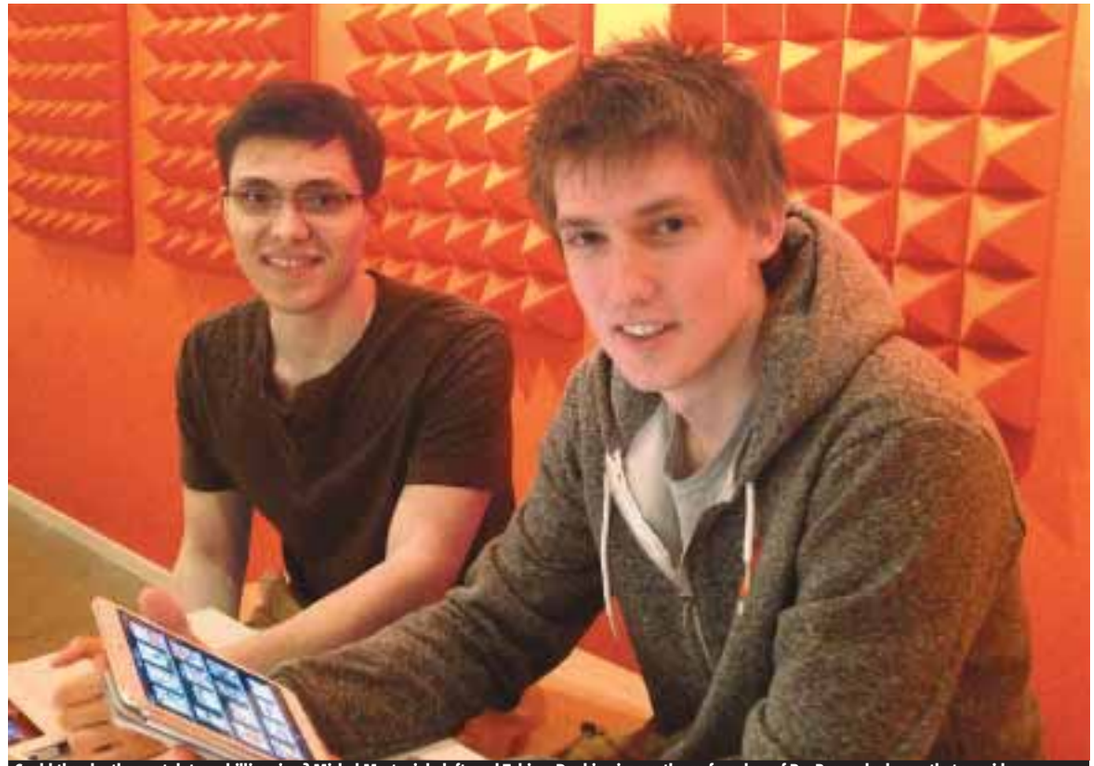
How they did it

Dankiewicz and Martyniak pitched their idea at the University of Waterloo's VeloCity Venture Fund, a startup contest that they won.

That gained them some capital, office space and a great deal of advice, such as legal support for setting up a business.

It also fed into the Y Combinator startup incubator, which had 5,000 applications, then 250 interviewees and just 50 ideas accepted into the support program in California.

Past successes have included file-sharing service Dropbox.



Could they be the next dotcom billionaires? Michal Martyniak, left, and Tobiasz Dankiewicz are the co-founders of ReeBee, a deals app that provides electronic flyers online. CONTRIBUTED

Let's make a deal!

"Everybody we showed the app to gave us their email and said they wanted to know more about it." Tobiasz Dankiewicz

London woman hit by train is improving

London police say the condition of a 29-year-old woman struck by a train Wednesday evening is improving in hospital.

The woman, whose name has not been released, was rushed to hospital in critical condition after being struck at the crossing located at York and Colborne streets.

The incident claimed the life of 24-year-old William Seeley.

Initial reports stated the woman had been a passenger on Seeley's bicycle, but police have now said she wasn't riding on it.

Both CN and London police are investigating the collision, but foul play has been ruled out.

The victims had just begun to cross the tracks after a westbound train left the crossing, only to be hit by an eastbound train.

SCOTT TAYLOR/METRO

Crossing

Signs at the crossing warn pedestrians and motorists to be aware of the possibility of a second train coming in the opposite direction.

London-St. Thomas

Jobless rate dips

The news is good from StatsCan, which reported that unemployment in London-St. Thomas dropped to 9.2 per cent in June. That's a sharp decline from 9.8 per cent in May. Additionally, 600 jobs were created last month, while 600 new job seekers hit the market. Down the 401, Windsor surpassed London with a jobless rate of 9.4 per cent.Nationally, unemployment held steady at 7.1 per cent. METRO

Volleyball. Fanshawe gets new Centre of Excellence

Fanshawe College is being honoured with a new set of balls.

Volleyballs, that is.

In conjunction with Volleyball Canada, Fanshawe has been chosen to host Canada's Volleyball Centre of Excellence.

The Centre is a new initiative meant to foster athletic talent in elementary and high school students who show potential.

The individuals from Grade 8 to 12 who are chosen to take part in the program will receive one-on-one skill development training, preparing them to participate on the national team.

Having success with its own athletic program, Fanshawe was chosen for its ability to provide varsity-level coaching and a strong local volleyball community for the emerging athletes.

KEVIN HURREN/FOR METRO

Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

The downtown core of Lac-Mégantic, Que., lays in ruins as firefighters continue to douse smouldering rubble on Sunday. RYAN REMIORZ/THE CANADIAN PRESS

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday morning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways have painted themselves as a strong alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude oil are expected this year, up from only 500 in 2009.

A rash of recent accidents prompted the association's president to post a recent online message, asserting that railways deliver dangerous goods "99.9977 per cent" of the time without incident.

The Quebec disaster is the fourth freight-train accident under investigation involving crude-oil since the beginning of the year, according to the federal Transportation Safety Board.

THE CANADIAN PRESS

Coup far from complete

Supporters of Egypt's ousted President Mohammed Morsi protest near Cairo University on Sunday. Feuding erupted within Egypt's new leadership as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government. NASSER SHIYOUKHI/THE ASSOCIATED PRESS

Air Canada Flight 621

Memorial finished after 43 long years

Some family members of those killed in one of Canada's worst aviation disasters said a memorial unveiled in Brampton, Ont., on Sunday has helped them cope with 43 years of grief.

Families of those on board Air Canada Flight 621 laid white roses on the plaque that holds the names of the 109 victims of the July 5, 1970 crash.

Lynda Fishman, who lost her mother and two young sisters, said that before the unveiling of the memorial garden at the crash site, the area remained in "a state of complete disrespect."

She said that the outpouring of support for the victims of Saturday's plane crash in San Francisco showed how delinquent Air Canada was in honouring the victims and in its failure to clean up debris and human remains at the crash site. THE CANADIAN PRESS

Asiana flight tried to abort a slow landing

A federal safety official said Sunday the cockpit voice recorder from Asiana Flight 214 showed the jetliner received a warning that it could stall because it was flying too slowly.

National Transportation Safety Board chief Deborah Hersman said Sunday that the plane was travelling far slower than the target landing speed of 137 knots per hour, or 250 km/h.

"We're not talking about a few knots," she said.

Hersman added that the aircraft's stick shaker — which warns pilots of an impending stall — went off moments before impact. The normal response is to increase speed to recover control.

There was an increase in speed several seconds before the crash, she said.

The recorder also showed the Boeing 777's crew called to abort the landing about 1.5 seconds before impact.

The flight data recorder and the cockpit voice recorder from the plane. NTSB/THE ASSOCIATED PRESS

There was no indication in the discussions between the pilots and the air traffic controllers that there were problems with the aircraft.

Hersman earlier said investigators are looking into what role the shutdown of a navigational aid may have played. She said pilots were told that the glide slope — a ground-based aid that helps pilots stay on course while landing — had been shut down since June.

Hersman told CBS that there were many other tools available to help pilots land.

Chinese state media identified the dead as two 16-year-old girls from China's eastern Zhejiang province. San Francisco Fire Department Chief Joanne Hayes-White said 19 people remain hospitalized, six of them in critical condition.

The South Korean government said the passengers included three Canadians.

THE ASSOCIATED PRESS

When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter Ruth Davenport got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up ... your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."

Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less ability to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help, it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a small surface area to begin with.

There's no air movement in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX

Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX

U.K. currency. Women will get the note, Carney says

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of $50 polymer notes.

Mark Carney THE ASSOCIATED PRESS FILE

The move sparked a campaign to restore the image of the so-called Famous Five, led in part by Calgary city council. The bank quickly countered it was too late to change the designs, the result of a $20-million research, testing and development process. THE CANDIAN PRESS

Trade deal. Talks open construction contracts over $7.8M to EU firms

Canadian construction contracts more than $7.8 million would be open to bids from European countries under the coming Canada-EU trade agreement, according to a source familiar with the negotiations.

Canadian and European Union officials have been hammering out the details of the Comprehensive Economic Trade Agreement (CETA) for months. One of those details is the dollar thresholds for goods, services and construction contracts.

Under the agreement, contracts for goods and services more than $315,000 would be subject to the agreement, as would construction contracts more than $7.8 million.

A number of Canadian municipal leaders have expressed concern about the deal, mostly around local governments' ability to procure local companies. Another concern for local leaders is a lack of information — the negotiations have been a tightly guarded affair.

International Trade Minister Ed Fast's office would not confirm the thresholds last week. Negotiations resume in Ottawa this week.

ALEX BOUTILIER/METRO IN OTTAWA

Auto sector

- The Canadian Press is reporting that as part of the trade talks, Canada has opened the door to increase car sales in Europe by eight-fold to 100,000 units.
- That potential win for the Canadian auto sector is one of several new elements highlighted in a leaked document.

Nuclear safety

Japan poised to get reactors back online

Japan is moving a step closer to restarting nuclear reactors as utilities are set to ask for safety inspections at their idled reactors, the clearest sign of Japan's return to nuclear energy nearly two and a half years after the Fukushima disaster. With all but two of its 50 reactors offline since the crisis, Japan has been without nuclear energy that once supplied about a third of its power. THE ASSOCIATED PRESS

Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50% since recession ended

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants. Combined, these workers number nearly 17 million people who have only tenuous ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to their revenue. Some employers have also sought to sidestep the new health care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year.

By the numbers

27%

Even when jobs are classified as "temp to permanent," only 27 per cent of such assignments lead to permanent positions, according to Susan Houseman, an economist at the Upjohn Institute of Employment Research.

The use of temps has extended into sectors that seldom used them in the past — professional services, for example, which include lawyers, doctors and information technology specialists.

Temps typically receive low pay, few benefits and scant job security. That makes them less likely to spend freely, so temp jobs don't tend to boost the economy the way permanent jobs do. More temps and contract workers also help explain why pay has barely outpaced inflation since the recession ended.

Beyond economic uncertainty, Ethan Harris, global economist at Bank of America Merrill Lynch, thinks more lasting changes are taking root.

"There's been a generational shift toward a less committed relationship between the firm and the worker," Harris says.

An Associated Press survey of 37 economists in May found that three-quarters thought the increased use of temps and contract workers represented a long-standing trend.

THE ASSOCIATED PRESS

Rhino manure may soon be powering Ontario homes. TORSTAR NEWS SERVICE FILE

Harnessing the power of rhino poo

Flipping a light switch doesn't normally conjure images of a defecating rhino, but a novel project at Toronto Zoo might just change that.

An energy plant project set for construction in 2014 will turn manure into electricity for Ontario's power grid, after a 50-day "digestion" process.

"It works basically like a big concrete stomach," said Daniel Bida, executive director of the ZooShare project.

The power plant plans to harness the energy of excrement by taking 3,000 tonnes of manure from rhinos and other large animals at the zoo, as well as 14,000 tonnes of grocery store waste, and breaking it down to produce a combination of electricity, heat and fertilizer.

The project moved a step closer to reality recently, when the ZooShare Biogas Co-operative signed a 20-year contract with the Ontario Power Authority.

"The power we all consume when we turn on the lights, it'll be part of that," Bida said. "We're excited to roll up our sleeves and get to work." Ontario's power grid will receive the equivalent energy to what 250 homes consume every year, Bida said. THE CANADIAN PRESS

BIG BOX SOLUTION TOO SIMPLISTIC

URBAN COMPASS

Todd Devlin
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Undoubtedly, the issue of jobs — or rather, the lack of them — has been Joe Fontana's biggest challenge during his tenure as mayor of London. He's battled a high unemployment rate ever since he took office, and if he hopes to win a second term he'll almost certainly need to bring down that number, which, despite a 0.6 per cent drop from May to June, is still high.

In an effort to make that a reality, Fontana lobbied hard recently at city council for what he says is a surefire way to create jobs: Shopping centre development projects. Multiple proposals were laid out, and the projected job totals reached 3,000 — a significant number, to be sure, especially with so many Londoners out of work.

But more than a few questions were raised about the plans, including a proposal Fontana seemed particularly keen on pushing through — a $200 million project with Toronto-based PenEquity that would see a 720,000 square foot shopping centre (including a cinema) built on the southwest corner of Highway 401 and Wellington Road.

Despite Fontana's argument that the shopping centre project would show that London is "open for business," some councillors asked at what cost.

In the case of the PenEquity project, that cost would include sacrificing the environment. The proposed location, after all, is the site of a large woodlot, and any development in the area would require the clear-cutting of a large number of trees.

That detail caused unease with some council members, including Coun. Harold Usher (Ward 12), who formally asked that the project be sent back — at least for now — for a full environmental assessment in the hope of preserving trees. Ultimately, that's what happened — though it was decided by a narrow 8-7 vote.

But is more retail really the answer to London's economic woes? Many Londoners feel the Forest City has already lost enough trees to shopping centres over the last several years. Indeed, there is no shortage of retail outlets in the city, including the long-serving White Oaks Mall, which is within close proximity to the proposed PenEquity project. Would yet another large shopping centre simply take business away from other retail locations? And would those "new jobs" simply come at the cost of other retail jobs in the city?

Usher provided the voice of reason on that front.

"You can't just add (jobs) on top," the councillor said. "You have to subtract what we are losing."

In other words, it's not cut and dry, and the argument that "jobs are jobs" is far too simplistic. The proposed shopping centre would be made up largely of part-time, low-wage jobs which carry high rates of turnover.

All in all, it's a plan that seemingly lacks foresight while producing jobs for the sake of producing jobs — any jobs. Coun. Nancy Branscombe (Ward 6) believes it's the wrong way to go.

"We're trying to do it backwards," she said, arguing that retail jobs should be created after more jobs are secured in health care, education and research. "I don't think our calling card should be a shopping centre."

It's a fair point, and one this columnist agrees with.

ZOOM

March of the flamingos

MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. METRO

One of the greats

"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."
Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive upon. METRO

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.

Camp 14:
Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk — who has spent most of his young life living in a labour camp — and two former guards reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Letters

RE: Stalled Bill to Bar Teens from Tanning Salons Heightens Cancer Risk, published July 2 online

As a melanoma survivor living in B.C. where children and youth under the age of 18 are now banned from indoor tanning, I was most dismayed to learn that the Ontario Conservative party has not supported efforts to pass similar legislation. The prevalence of adolescent melanoma has been rising at approximately two per cent per year since the 1970s and yet doctors tell us this is a largely preventable disease. The Canadian Cancer Society reports that between 2006 and 2012 tanning equipment use more than doubled among Ontario students in Grades 11 and 12. A taxpayer funded study has estimated the total economic burden of skin cancer in Canada will rise to $922 million by 2031. It is important to note that skin cancer does not discriminate; it affects all skin colours and does not care what political ideology we may or may not support. It's time our politicians realized this and acted accordingly.

Linda Jeaurond, Victoria B.C.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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SCENE 2

Mother Mother mine bright ideas from some dark places

Balancing act. Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA CAVALLO
Metro World News in New York

Mother Mother explores the human condition in their music. HANDOUT

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemond, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemond, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemond is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemond and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

Yo La Tengo have no plans to Fade

There are people who credit Yo La Tengo with defining the genre of indie rock. One, writer/fellow musician Jesse Jarnow, wrote an entire book about it, Big Day Coming: Yo La Tengo and the Rise of Indie Rock. If it's true, it's a pretty epic legacy. If you ask frontman and co-founder Ira Kaplan, however, he's reluctant to even entertain the idea.

"That's something that really does not enter into our life much," he explains, in his slow, thoughtful way. "Even the notion of indie rock is nothing I'm particularly fond of. I don't really know what it is. On a personal level, when somebody says that to me — not when someone writes it, but when a band says that to me — it is meaningful, and I'm happy. I mean I'm proud of what we've done, and I am happy when someone finds it inspiring, but I think about it as little as possible."

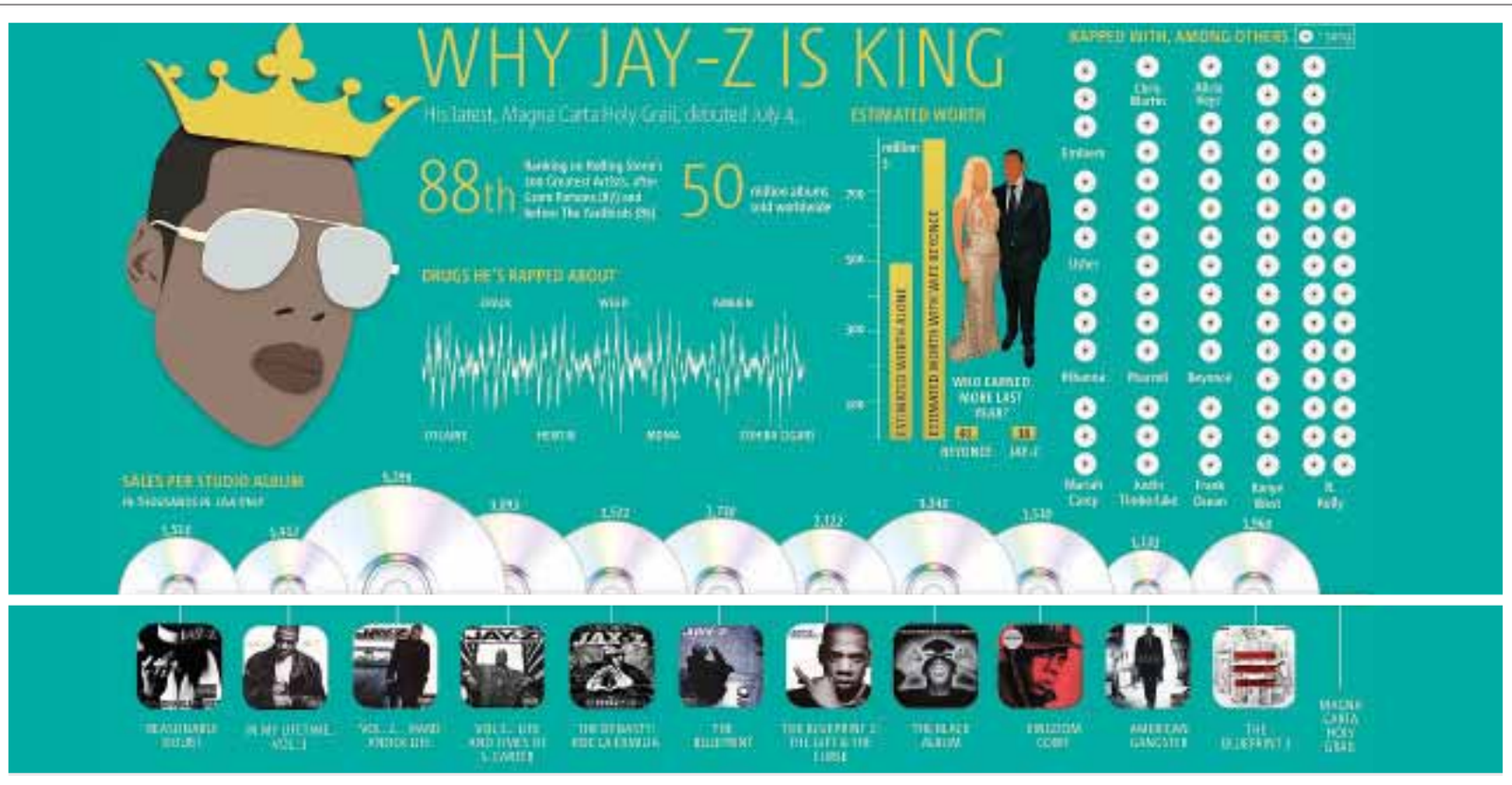
One wonders if, after putting out 13 studio albums (not to mention the countless collaborations, covers and compilations,) they ever hit a creative wall. "It doesn't seem that way. Maybe our standards are too low," laughs Kaplan. "I would say that every time we finish making a record, that's pretty much the only time I think about that. You always figure, well it's got to run out some time ... but it seems to just happen that at a certain point we all kind of know we're ready and get to work."

Fade is the most recent product of that work, and it's the trio's tightest album in more than a decade. "We did consciously make this new record a shorter record, thinking that we had made so many 70-minute records in a row, and we wanted to challenge ourselves to do something more succinct," he says.

Still, "I wouldn't use the word concession," he continues. "I wanted to know for myself that we could do something shorter. So it wasn't a concession, it was a challenge. Certainly nobody was demanding it but us."

ALEXANDRA CAVALLO

Yo La Tengo is credited with defining the indie rock genre. HANDOUT



Parquet Courts are stoners but not slackers

Interview. New album Light Up Gold is showing a little of that prolific work ethic, as their latest effort is an exhilarating punk rush of excellence

PAT HEALY
Metro World News

Whether it's in the studio or the smoke circle, Parquet Courts are in session. KEVIN PEDERSON

Parquet Courts are stoners. Make no mistake about that. The Brooklyn-based quartet don't mind that press outlets have focused on this not-so-secret fact, revealed in song titles like, Stoned and Starving, Donuts Only and Yr No Stoner, on the band's excellent Light Up Gold album from earlier this year.

But what bugs the band is when people throw around the term slacker.

"I think it's kind of a romantic image to conjure up this view of us as these vagabond stoner/slacker dudes just traversing the U.S. and just barely scraping by," says singer and guitarist Andrew Savage.

"But the slacker thing really gets on my nerves because it kind of implies that we don't work very hard, when in reality, this is one of the hardest working bands I've ever seen. We work extremely hard and as prolific as I am, I don't think that the slacker title is appropriate."

Light Up Gold showcases that prolific work ethic, as the 15 songs bleed together in an exhilarating punk rush of 35 minutes.

Twin trebled guitars sound like woven rays of sun, while the rhythm section sounds like a dinosaur rooting through your parents' garage. Savage's words are sometimes silly and often narrative, with a novelist's eye for detail.

Parquet Courts jam, but never noodle.

This is indie rock the way it used to be.

"People's curiosity has waned and they stopped kind of digging for stuff like that," says Savage when we bring up the dearth of current bands who draw from the likes of Pavement and Guided by Voices.

"But I don't think it stopped. I think it just stopped being presented to people in the way that it was and the mainstream top 40 indie, to me it resembles kind of more easy listening and commercial pop music, so it's not coming through the same venues, but it never stopped."

Lighting up, working hard

"The slacker thing really gets on my nerves ... We work extremely hard and as prolific as I am, I don't think that the slacker title is appropriate."

Andrew Savage
Singer and guitarist
Parquet Courts

Box office

Uh-oh Silver, no big pay day!

The minions of Despicable Me 2 ran away with the weekend box office, leaving Johnny Depp's The Lone Ranger in the dust. According to studio estimates Sunday, the Universal animated sequel took in $82.5 million over the weekend and $142.1 million across the five-day Fourth of July holiday window. Gore Verbinksi's reimagining of the iconic lawman bombed for the Walt Disney Co., opening with just $29.4 million over the weekend, and $48.9 million since Wednesday. The Lone Ranger reportedly took $225 million or more to make.

THE ASSOCIATED PRESS

The Word

Who is holding hands with other celebrities?

STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.

• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for $50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heartbreaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says.

"None of her friends really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Twitter

@MatthewPerry
The one upside of the ridiculous jet lag I am experiencing is that I am up for Breakfast at Wimbledon live! No DVR for me!

@TheRock
A masseuse named Kristina. Four Seasons - Budapest. THE strongest hands I've ever felt. Pain so good I think I met Jesus.

@IJasonAlexander
Brutal day of poker. Great hands simply didn't hold up. I got crushed. But this is when I remember, I have a great f—ing life. So, onward.

Forget scotch, get naked

Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells Elle magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

Oscar in the middle

Neil Patrick Harris.

Neil Patrick Harris has now hosted the Tonys four times and will host his second Emmys ceremony this September, so naturally the Oscars are right around the corner for him, right?

"Someday. Who knows?" Harris offers modestly, according to E! News.

"That's the kind of question if you say, 'No, I don't want to do it,' you look like a d—, and if you say, 'I'm dying to do it,' you look like a d—. So you're kind of left in the middle."

Bath time

Knee saver

Save your knees when you're giving your kidlets or pets a bath with a foam gardener's kneeling pad! You can get them for under $10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**

Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began midweek and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her. She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**

The toddler roller coaster is one unpredictable ride. ISTOCK

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Simple ginger-lemon marinade holds secret to tasty chicken

ROSE REISMAN
rosereisman.com

This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds; mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer pink inside, brushing often with marinade and rotating every 5 minutes. **ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)**

Ingredients

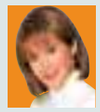
- 8 oz boneless skinless chicken breasts, cut into 2-inch(5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes

Ginger-Lemon Marinade

- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.

Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar
This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.

Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar
This is a better nutritional treat since it contains both milk and cream, where as Haagen Dazs only has cream.

How to bring order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multitasking, Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize. "Go through very quickly and try to remember that when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with. "You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-cahecking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale. (Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

If 'gifted' had nothing to do with grades

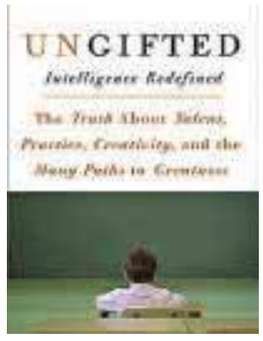
Don't stop believing. Scott Barry Kaufman encourages everyone to hold on to that feeling of being brilliant regardless of what the tests tell you

BRUCE WALSH
Metro World News

After being rejected from Carnegie Mellon University due to his SAT scores, Scott Barry Kaufman was determined to prove that he had the chops to excel at the university.

Eventually he was accepted to the prestigious school as a transfer, and he went on to graduate Phi Beta Kappa in 2003. He later received a master's degree from Cambridge, as well as a doctorate from Yale. He now works as a cognitive psychologist.

So why did the SAT determine that he didn't have the mental chops?



Keeping score

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time."

Scott Barry Kaufman
Author of Ungifted

In his latest book, Ungifted: Intelligence Redefined, Kaufman attempts to get to the bottom of that question — for himself, and for students everywhere who find themselves falling through the cracks.

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time," says Kaufman. "We're really stuck in a false model of giftedness, where you're either born gifted and you will stay that way the rest of your life, or you're not and you won't ever be. That's just not in line with current research on human development."

Ungifted traces Kaufman's unique mental maturation: He suffered severe ear infections that left him with an auditory disorder in elementary school, which led to a special education classification that he had a difficult time shaking off. Woven into his personal narrative is his own research on cognitive development as well as an analysis of the major breakthroughs in his field.

Andy Murray defeated Novak Djokovic to capture the men's championship at Wimbledon on Sunday in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Murray finally the man at Wimbledon

Tennis. Scot ends 77-year drought of a British player capturing men's championship

Andy Murray needed one more point, one solitary point, to win Wimbledon — a title he yearned to earn for himself, of course, and also for his country.

Britain had endured 77 years since one of its own claimed the men's trophy at the revered tournament referred to simply as The Championships, and now here was Murray, on the brink of triumph after three hours of gruelling tennis against top-seeded Novak Djokovic under a vibrant sun at Centre Court.

Up 40-love, Murray failed to convert his first match point. And his second. And then, yes, his third, too. On and on the contest, and accompanying tension, stretched, Murray unable to close it, Djokovic unwilling to yield, the minutes certainly feeling like hours to those playing and those watching. Along came three break points for Djokovic, all erased. Finally, on Murray's fourth chance to end it, Djokovic dumped a backhand into the net.

The final was over.

The wait was over.

A year after coming oh-so-close by losing in the title match at the All England Club, the No. 2-ranked Murray beat No. 1 Djokovic of Serbia 6-4, 7-5, 6-4 Sunday to become Wimbledon's champion in a test of will and skill between a pair of men with mirror-image defensive styles that created lengthy points brimming with superb shots.

"That last game will be the toughest game I'll play in my career. Ever," said Murray, who was born in Dunblane, Scotland, and is the first British man to win the grass-court Grand Slam tournament since Fred Perry in 1936. "Winning Wimbledon — I still can't believe it. Can't get my head around that. I can't believe it."

THE ASSOCIATED PRESS

Nestor wins mixed title

Daniel Nestor of Toronto and Kristina Mladenovic saved two match points, then went on to win the mixed doubles title at Wimbledon on Sunday by beating top-seeded Bruno Soares and Lisa Raymond 5-7, 6-2, 8-6.

- The win for Nestor was his third major mixed doubles title. He also won the Australian Open in 2007 and 2011.

Tour de France

Martin wins stage, Froome clings to lead

Left alone and with his teammates far behind, Chris Froome held off repeated attacks to retain the Tour de France lead Sunday as the three-week race left the Pyrenees mountains.

Dan Martin of Ireland, a 26-year-old Garmin-Sharp rider, won Stage 9 following a two-man sprint against Denmark's Jakob Fuglsang.

In the 168.5-kilometre trek, Froome was relieved he was able to quash four attacks by Movistar's Nairo Quintana on the last climb despite his Sky teammates lagging behind. They were worn out after a strong team effort to help him win the yellow jersey a day earlier. THE ASSOCIATED PRESS

NHL

Seguin blames 'hackers' for anti-gay tweet

Recently acquired Dallas Stars forward Tyler Seguin says an anti-gay comment that showed up on his Twitter account came from "hackers."

The Stars said in a statement Sunday that they had "addressed the issue directly" with Seguin. The tweet showed up on his account Saturday and was quickly removed.

Seguin posted an apology on Twitter and said he was temporarily shutting down his account because of "repeated attempts by hackers to try to damage my reputation."

The 21-year-old Seguin was traded to Dallas by Boston on Thursday.

THE ASSOCIATED PRESS

Starting pitcher Todd Redmond gave up just one hit over five innings for the Blue Jays on Sunday.
THE CANADIAN PRESS

Redmond an unlikely hero for Jays

In a season where little has gone according to plan, it's perhaps no surprise that the Toronto Blue Jays have found some unlikely heroes.

It's too early to put Todd Redmond alongside Munenori Kawasaki, but the right-hander earned some new fans Sunday in Toronto's 11-5 win over the Minnesota Twins.

With the Jays needing to fill a hole in their starting rotation, the 28-year-old from St. Petersburg, Fla., did not give up a hit until one out in the fifth when Aaron Hicks, batting eighth in the Twins lineup, homered over the right-field fence with one on to tie the score at 2-2.

Redmond struck out four and walked three in five innings, with the Toronto offence striking back for four runs in the bottom of the fifth to give him a 6-2 lead.

"It's still a dream come true just to be here," said Redmond. "You've just got to take it one day at a time, one start at a time. And hopefully continue on."

Colby Rasmus, Jose Reyes and Rajai Davis homered for Toronto, which outhit Minnesota 13-5 before 43,795 under a stuffy dome at Rogers Centre.

Redmond, earning his first career win in his second major-league start, has probably earned another start for the Jays (43-45). His debut win — in his fifth career appearance — came after a 74-62 record in the minors that dates back to 2005.

Sunday's loss was the Twins' seventh in eight games.

THE CANADIAN PRESS

Breaking into the win column

1

Todd Redmond, Toronto's 13th starter this season, now has the same number of wins this season as Josh Johnson, who is making $13.75 million US.

Horoscopes

♈ Aries
March 21 - April 20
Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

♉ Taurus
April 21 - May 21
You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

♊ Gemini
May 22 - June 21
Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

♋ Cancer
June 22 - July 23
Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

♌ Leo
July 24 - Aug. 23
Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

♍ Virgo
Aug. 24 - Sept. 23
This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

♐ Sagittarius
Nov. 23 - Dec. 21
You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

♑ Capricorn
Dec. 22 - Jan. 20
You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

♒ Aquarius
Jan. 21 - Feb. 19
Go out of your way to be nice to people today. You can do it if you try!

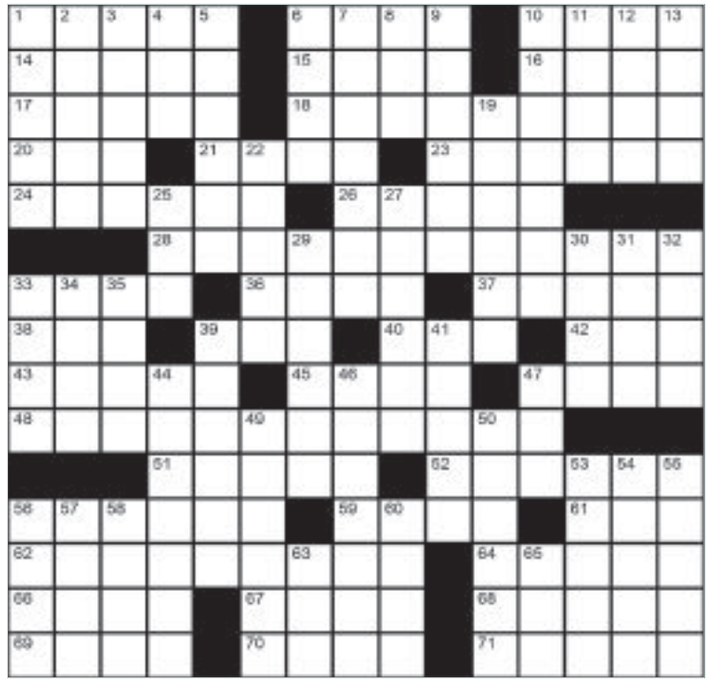
♓ Pisces
Feb. 20 - March 20
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

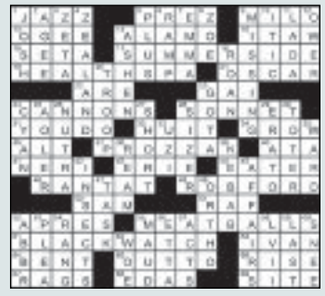
BY KELLY ANN BUCHANAN



Across
1. "Canada AM" health expert, Dr. __ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as __ __
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial _ __ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle†race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, __ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. __-water advisory
47. Curds and __
48. Establishment in a 19th-century town: 2 wds.
51. Music __
52. Gives way
56. Chum
59. Seinfeld-ian phrase, when repeated
61. On, as a candle
62. The Halifax __ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "_ ___ It Bad": Tune by Usher
68. Egg __ (Kitchen gadget)
69. Business person's "Fast!"
70. Succeed in school
71. The States: __ Mountains

Down
1. Wizardry
2. Singer Ms. Baker
3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '__ Alogo'
6. Hockey great Phil, to fans
7. __-cat
8. Swiss river, variantly
9. Intl. relief agency for kids
10. Opera, __ und Isolde
11. "Take __ __ a sign."
12. Nashville, __.
13. Mount of Greece
19. Clandestine
22. Region's animal life
25. Consumed
27. __ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley __
32. TV award
33. Performed a ballad
34. __ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew __ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res __ loquitur (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				9		4	2	
	5		1	3		7		
					7			
	1	5				2		6
3								8
8		6				9	1	
			5					
		4		7	8		9	
	2	3		1				4

Friday's Sudoku

2	6	8	1	4	3	9	5	7
5	3	9	8	7	2	4	6	1
7	4	1	5	9	6	2	3	8
1	2	3	7	5	8	6	4	9
6	9	7	2	3	4	1	8	5
4	8	5	6	1	9	3	7	2
3	1	4	9	8	5	7	2	6
8	7	2	4	6	1	5	9	3
9	5	6	3	2	7	8	1	4

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